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HOLIDAY SAVINGS!

WEEKLY SPECIAL!

Regular Or Junior
Chiquita Bananas
39¢
lb.

YOU SAVE 20¢

Chiquita

Fresh Express Salad Mix 1 lb. bag **1.39**

Naturally Fresh Reg. Or Fat Free Salad Dressing 12 oz. **1.99**



Stouffer's Party Size Lasagna
8.99
96 oz.

Breyers Yogurt Or Ice Cream 1/2 gal. **2.50**

Eagle Tortilla Chips 10 oz. **.89¢**



Harris Teeter Apple Juice
99¢
64 oz.

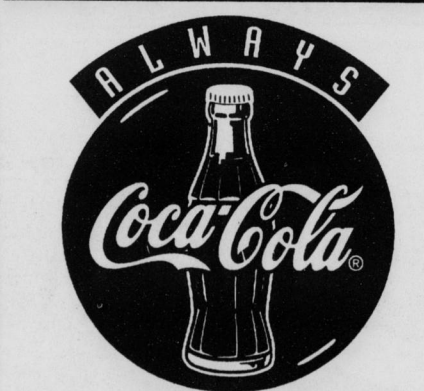
Great Weekly Special!



Mardi Gras Paper Towels
59¢
57 sq. ft.

Buy One Mama Lucia Meatballs Get One **Free**
Selected Varieties Tropicana Twister 46 oz. **1.49**

Soft Drink Feature



2 Liter Coke Or Diet Coke
99¢
12 Pk. 12 Oz. Cans. **3.39**

Selected Varieties White Rain Hair Products 4-11 oz. **.99¢**
Freshly Sliced To Order Roast Beef lb. **5.99**

Prices Effective Through December 5, 1995

Prices In This Ad Effective Wednesday, November 29 Through December 5, 1995 In Our Chapel Hill Stores Only. We Reserve The Right To Limit Quantities. None Sold To Dealers. We Gladly Accept Federal Food Stamps.



The last major blood drive of the semester is a crucial one because blood supplies are low following Thanksgiving and will not be replenished again by students in the area until mid-January.

Key Blood Drive to Start Today

The semester's final Alpha Phi Omega-sponsored blood drive will be in Great Hall.

BY GREG KALISS
FEATURES EDITOR

The end of the semester means late-night study sessions for many, hours spent with noses in books and eyes fixed blankly on computer screens.

But for the people at the American Red Cross and for those in area hospitals, the end of the semester means a dangerous time for blood bank levels.

Richard Kwok, a senior from Raleigh and the Alpha Phi Omega Bloodmobile co-chairman, said APO's latest blood drive, which will be held today and Thursday from 11 a.m. to 4:30 p.m. in the Great Hall, would be crucial for maintaining the Triangle's blood supplies.

"This is the last drive before exams, and during the holiday season the demand for

blood is very great in Orange County," Kwok said. "This is the last chance to give until mid-January."

Daphne Burrows, blood services consultant for the Blood Services Carolinas Region said high schools and colleges accounted for 25 percent of the blood donated in the area. "They're very important to us," she said.

The drive will be particularly important because it is sandwiched in between major holidays and only one residence hall has a blood drive scheduled after this one, Burrows said.

"Just coming off Thanksgiving we have pretty much of a deficit," she said. "It's kind of our last shot to do anything on campus."

"It's really, really important," agreed Niki Boyd, a junior from Cary and Bloodmobile co-chairwoman. "A big portion of the blood donated (in this area) comes from students. And a lot more blood is used over the holidays because there are a lot more accidents."

The blood drive is the fourth one spon-

sored by APO this year, and while Kwok said the drives in August and September were very successful, he said interest often waned as the semester went on.

"The first ones are strong because people are just coming back, and they haven't given yet," Boyd said. "October is usually the lowest."

People who do donate blood are required to wait 56 days before giving again to allow their bodies to recuperate. So those who gave in the first two drives of this semester should be able to give their vital fluid this time around. "That gives us hope that it'll be fairly successful," Boyd said.

Kwok said people's fears were a common reason for them not to give blood. "A lot of people are just afraid of needles, so they don't want to give," he said. "That's probably the most popular excuse."

But he said he thought that was a poor reason for not helping out those in need, and said donors had little to worry about. "It's all a very sterile practice," Kwok said. "It's very safe. The Red Cross does a great job."

Monastery a Stop on Information Superhighway

THE ASSOCIATED PRESS

ABIQUIU, N.M. — The Monastery of Christ in the Desert is a cluster of adobe buildings in a remote river canyon where monks spend their days praying and working and their nights reading by kerosene lamps.

It's also a stop on the information superhighway. In a modern-day twist on the ancient tradition of monks as scribes, the little Benedictine monastery has a home page on the Internet's World Wide Web. Internet surfers can learn about monas-

tic life, browse the monastery's gift shop or even listen to a Gregorian chant. Or they can request to be remembered in the prayers of the monks who gather in the chapel seven times daily, starting at 4 a.m.

Located along the Rio Chama in the Santa Fe National Forest at the end of 13 miles of narrow, rutted dirt road, the Roman Catholic monastery has no phone or electric service. It relies on cellular phones for its computer linkup. The only electricity to the main building is solar generated. Heat is provided by burning wood.

As early as the fourth century, the scriptorium — the room where Christian monks did their copying — was a source of revenue. And it was that age-old concern about supporting itself that propelled Christ in the Desert into cyberspace.

A couple of years ago, the monastery contracted to computerize library card catalogs. In June, it joined the World Wide Web and advertised that it would design web sites for others. "After all," says the monastery's home page ad, "we've been making pages for 1,500 years."

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